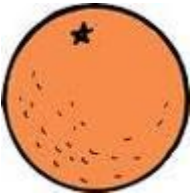


# Role Modeling for Healthy Kids



# What is a role model?

role model *noun*

**Definition of ROLE MODEL** .....

: a person whose behavior in a particular role is imitated by others

**Examples of ROLE MODEL** .....

- Athletes should remember that they are *role models*.

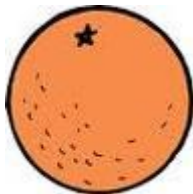
**First Known Use of ROLE MODEL** .....

1957

AN ENCYCLOPÆDIA  
BRITANNICA COMPANY

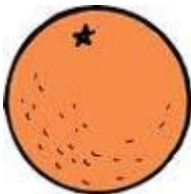


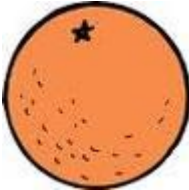
m-w.com



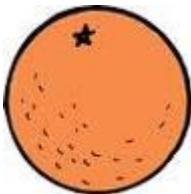
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# Athletes are role models.



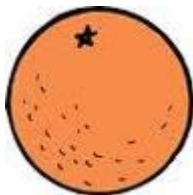


**Kids want to be  
like the adults  
around them.**

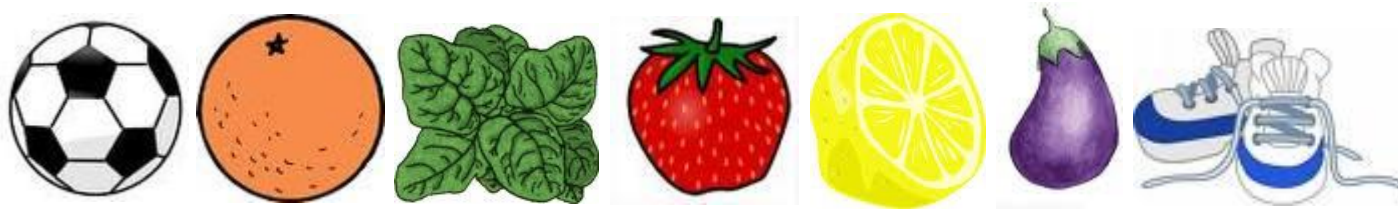




# Parents are Role Models

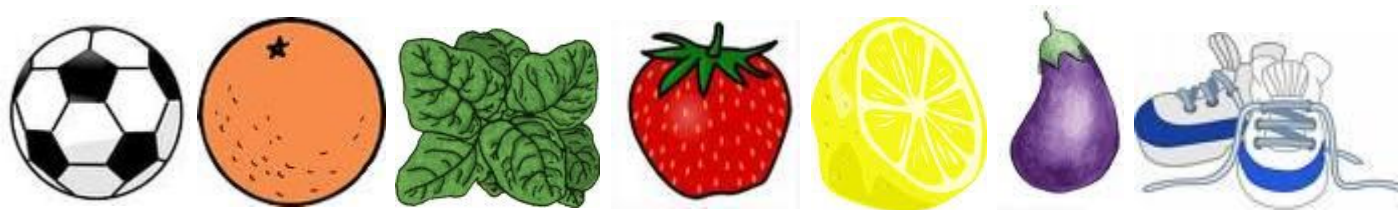


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# The Challenge

Model the behaviors  
you want your  
children/students to  
practice.



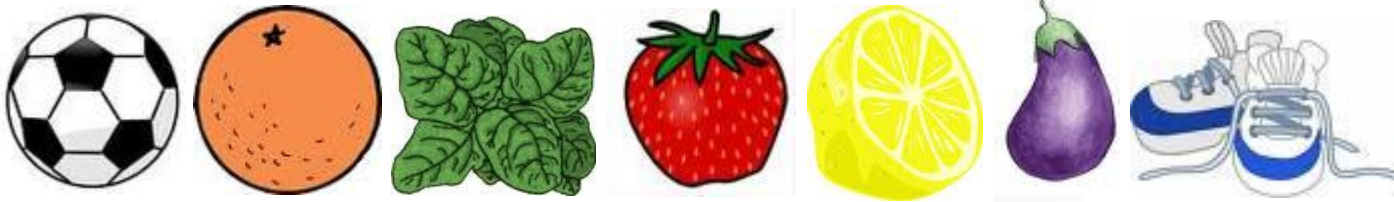


# Why does it matter?

Childhood obesity in the United States has more than tripled in the past 30 years.

Obesity changes in children and teens between 1980 and 2008.		
	1980	2008
Obesity in Children	6.5%	19.6%
Obesity in Teens	5%	18.1%

Source: Centers for Disease Control and Prevention



# The Problem in Iowa

In 2009, nearly 27% of children ages 10-17 were overweight or obese.



Source: National Institute for Children's Healthcare Quality





# The Impact

- Psychosocial Risks
- Cardiovascular Risks
- Additional Health Risks



Source: Centers for Disease Control and Prevention

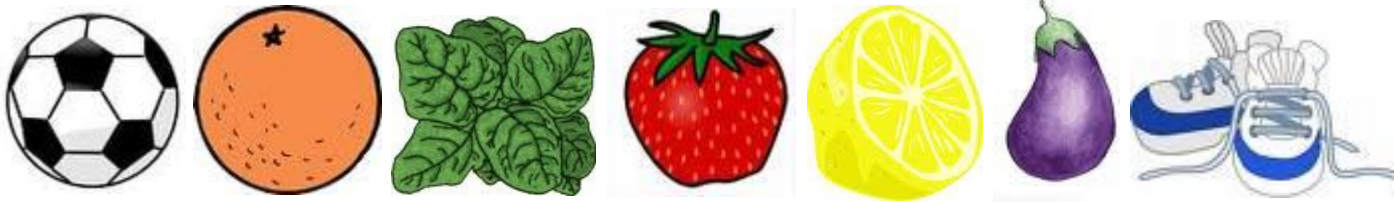


# Psychosocial Risks

- Social Discrimination
- Low Self-Esteem
- Hindered Academic and Social Performance



Source: Centers for Disease Control and Prevention

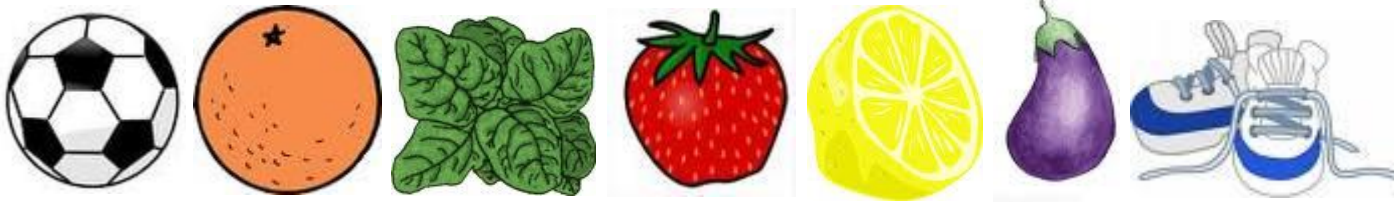


# Cardiovascular Risks

- High Cholesterol
- High Blood Pressure
- Abnormal Glucose Tolerance



Source: Centers for Disease Control and Prevention



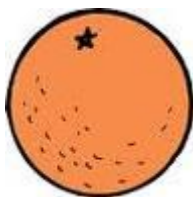


# Additional Health Risks

- Type 2 Diabetes
- Joint Pain
- Asthma
- Sleep Apnea

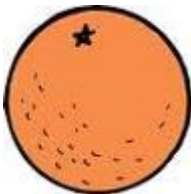


Source: Centers for Disease Control and Prevention



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# What is causing this?

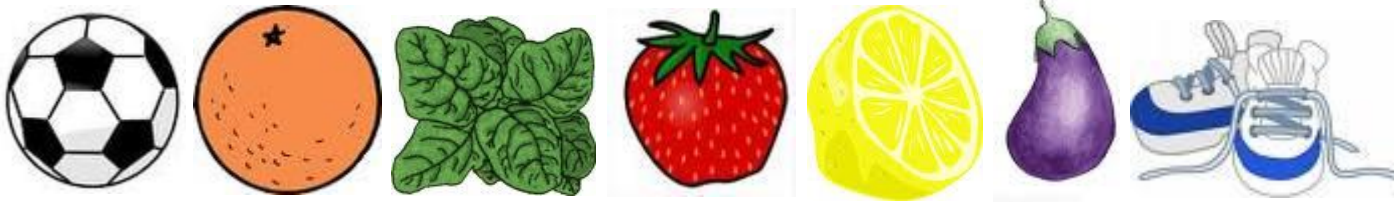


# Lack of Physical Activity

- Excessive screen time
  - 6.5 hours a day
  - Reduces academic achievement, school attendance

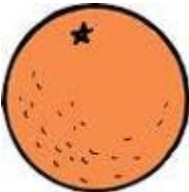


Source: American Academy of Pediatrics



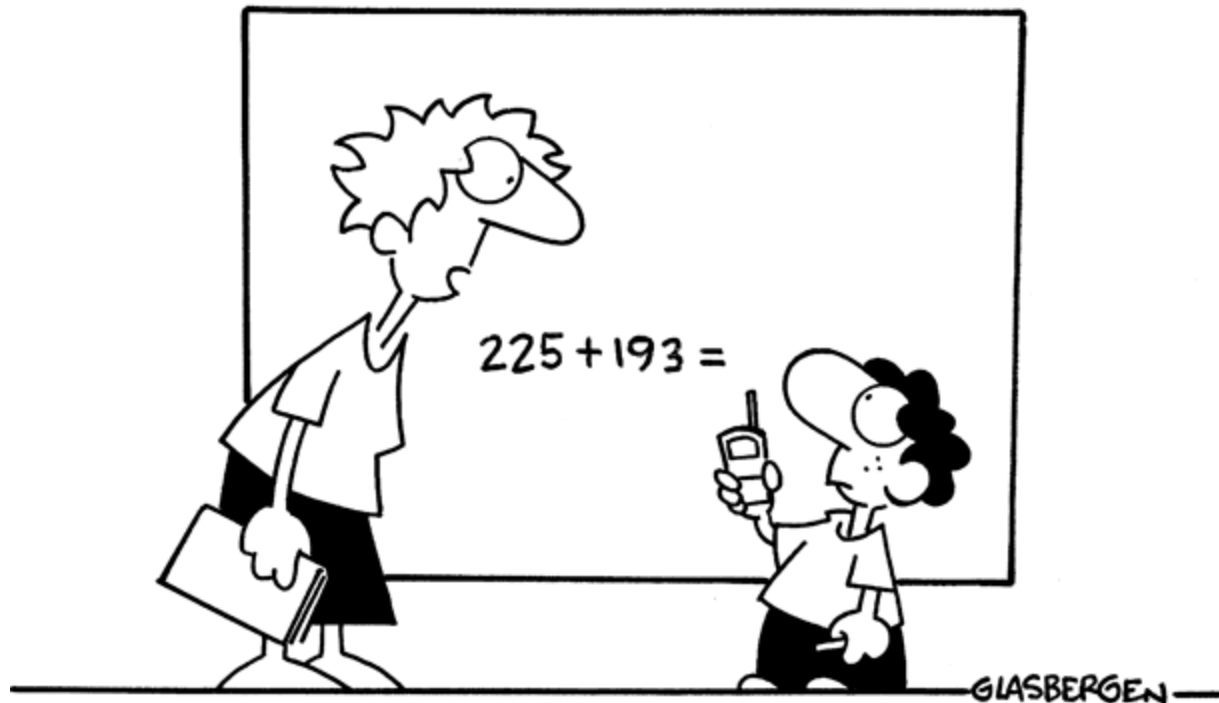


# Poor Nutrition

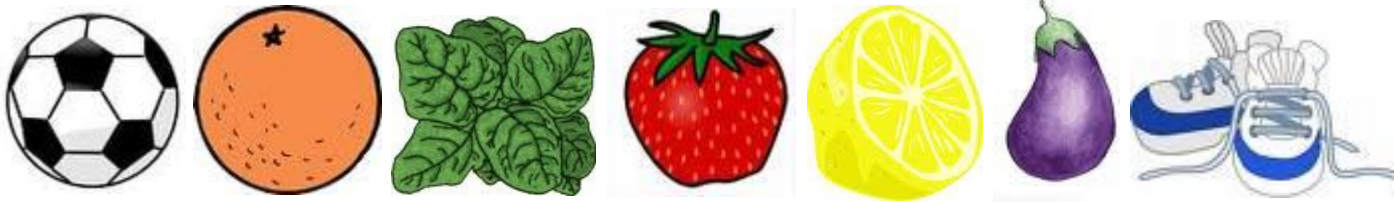


# A Formula for Healthy Kids

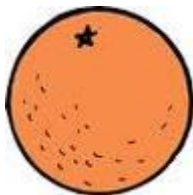
Copyright 2005 by Randy Glasbergen. [www.glasbergen.com](http://www.glasbergen.com)



**“You have to solve this problem by yourself. You can’t call tech support.”**



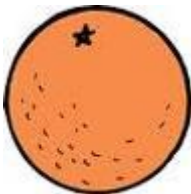
# Start Young



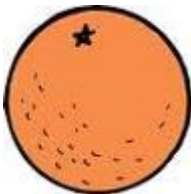
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# Create a Healthy Environment



# Take Responsibility

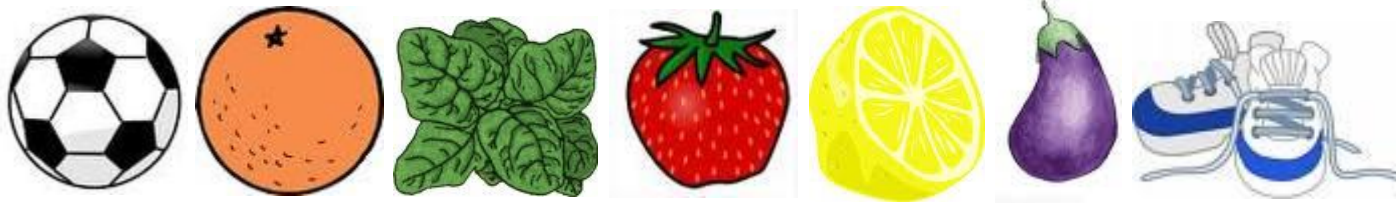


# What is being done?

- Child Nutrition Reauthorization Act
- Healthy Kids Act
- Local and National Campaigns:

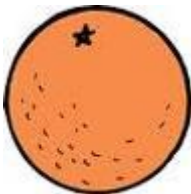


*America's Move to Raise a Healthier Generation of Kids*





# What can schools do?

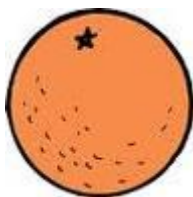


# Make the healthy choice the easiest.

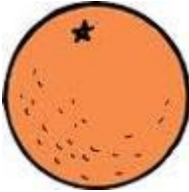
Make it easy for  
students to make  
healthy food choices  
and have daily  
opportunities for  
movement.



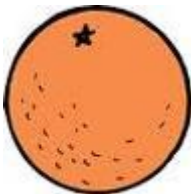
## ROLE MODEL



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**Eat lunch or  
breakfast with  
students on a  
regular basis to  
encourage and  
model healthy  
choices.**



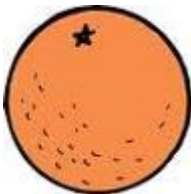
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# Start a staff wellness program.



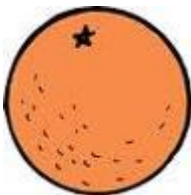
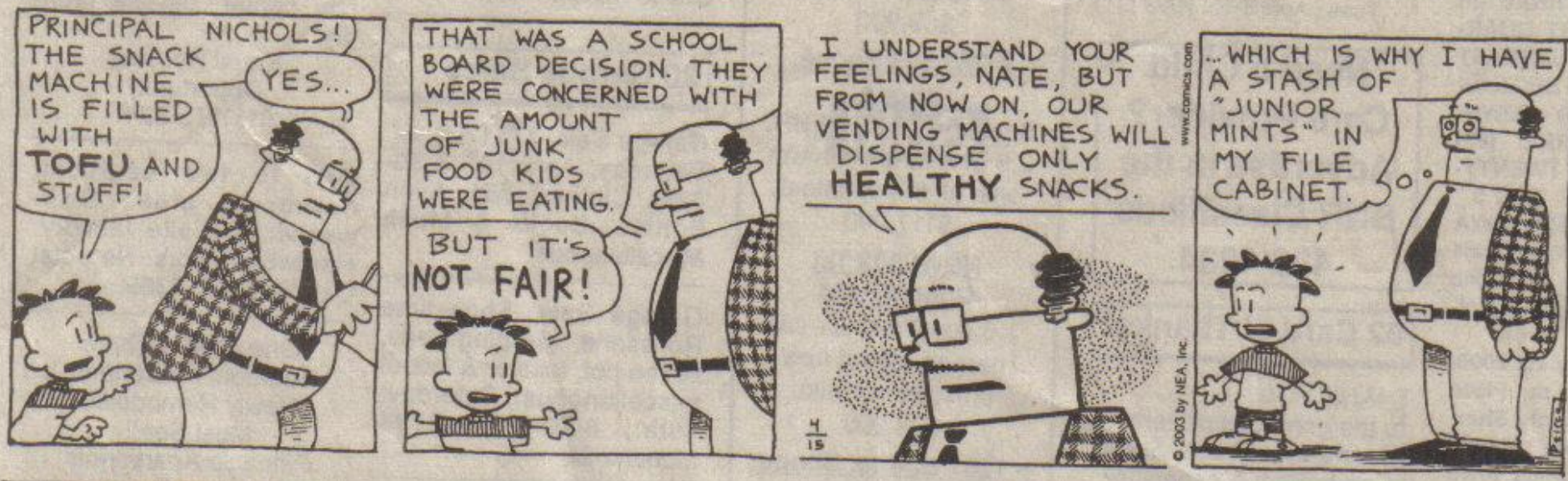
# Add activity into the day.





# Clean out the lounge.

## Big Nate

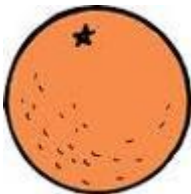


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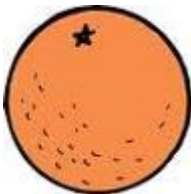


# Put Your Thinking Cap On!

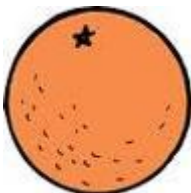
What are other positive ways school staff can be role models for youth in the area of nutrition and physical activity?



# What can families/communities do?



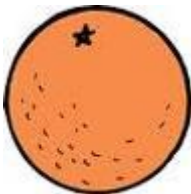
# Turn off the TV.



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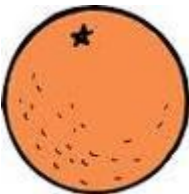


# Teach children about cooking.



# Support Wellness Events

- Wellness Fairs
- 5K Run/Walks
- Health Screenings
- Food Tastings
- Family Fun Nights



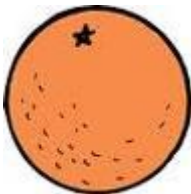
# Put Your Thinking Cap On!

What are positive ways families/communities can be role models for youth in the area of health and wellness?





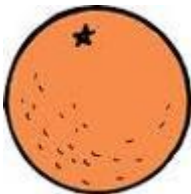
# We all have a role!



# What is yours?

Personally ...

Professionally ...



# “Practice what we teach.”

